There is no safe way to drive while under the influence. Even one drink can make you an unsafe driver. Drinking affects your BLOOD ALCOHOL CONCENTRATION (BAC). It is illegal to drive with a BAC of .08% or more (.04% or more if you drive commercial vehicles or .01% or more if under 21). Even a BAC below .08% does not mean that it is safe or legal to drive. The charts show the BAC zones for various numbers of drinks and time periods.

HOW TO USE THESE CHARTS: Find the chart that includes your weight. Look at the total number of drinks you have had and compare that to the time shown. You can quickly tell if you are at risk of being arrested. * If your BAC level is in the blue zone, your chances of having an accident are 5 times higher than if you had no drinks, and 25 times higher if your BAC level falls into the black zone.

REMEMBER: "One drink" is a 1 1/4-ounce shot of 80-proof liquor (even if it's mixed with non-alcoholic drinks), a 4-ounce glass of wine, or 10 ounces of 5.7% beer. If you have larger or stronger drinks, drink on an empty stomach, are tired, sick, upset, or have taken medicines or drugs you can be UNSAFE WITH FEWER DRINKS.

TECHNICAL NOTE: These charts are guides and are not legal evidence of the actual BAC. Although it is possible for anyone to exceed the designated limits, the charts have been constructed so that fewer than 5 persons in 100 will exceed these limits when drinking the stated amounts on an empty stomach. Actual values can vary by body type, sex, health status, and other factors.

*VC 23152, VC 23153, VC 23136, VC 23140 DUI/Driving under the influence of alcohol and/or other drugs.

**NOTE: It is unlawful for anyone under 21 years of age to drive with a BAC of .01% or higher. If caught driving with a .01% BAC or higher, the driving privilege is lost for one year.